



PACIFIC BALLROOM DANCE

NEWCOMER - CHA CHA

ROUTINE

Closed Basic Movement

New Yorker to LSP and RSP

There and Back (x 2)

Spot Turn - M: Right Lady: Left

6-10 Open Basic with Lock Action

1-5 Side Basic

Hand to Hand LSP

Hand to Hand RSP

Man 6-10 Basic with Ladies UA Turn Right (Switch Turn)

Left Shoulder to Shoulder

Right Shoulder to Shoulder

Man - Switch Turn Right

Ladies - Switch Turn Left

Mans 6- 10 Basic Ladies UA Turn Right (Switch Turn)

REPEAT

Focus: Frame, Footwork and Timing

Warm Up

Basic and Locks

Based off ISTD Syllabus

TIMING

23,4&1 23,4&1

23,4&1 23,4&1

23,4&1 23,4&1

23,4&1 23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23,4&1

23, 4&1

Goals:

Timing, Tracking of legs